



Provided in partnership with the Arthritis Foundation. A Participant Release Form must be submitted with a Parks and Recreation waiver. Classes are not included with wristbands.

Arthritis Foundation Exercise Program Level I

Promotes joint flexibility, muscular strength, endurance, coordination and range of motion. This chair-based class is ideal for anyone who needs a low intensity exercise program. Instructor: Gail Peck. JCWCC Aerobic Studio

T/Th	March	11:15am	\$20/\$15	903770-A
T/Th	April	11:15am	\$20/\$15	904770-A
T/Th	May	11:15am	\$20/\$15	905770-A
T/Th	June	11:15am	\$20/\$15	906770-A
T/Th	July	11:15am	\$20/\$15	907770-A
T/Th	August	11:15am	\$20/\$15	908770-A
T/Th	September	11:15am	\$20/\$15	909770-A

Arthritis Foundation Exercise Program Level II

Designed to enhance your cardiovascular conditioning, range of motion, flexibility, muscular strength, endurance and coordination. This class is for those with arthritis who wants to remain active. Moderate intensity level. Instructor: Brenda Mitchell. JCWCC Aerobic Studio

M/F	March	11:05am	\$20/\$15	903780-A
M/F	April	11:05am	\$20/\$15	904780-A
M/F	May	11:05am	\$20/\$15	905780-A
M/F	June	11:05am	\$20/\$15	906780-A
M/F	July	11:05am	\$20/\$15	907780-A
M/F	August	11:05am	\$20/\$15	908780-A
M/F	September	11:05am	\$20/\$15	909780-A

Special Interest

Basketball

Technique (ages 14+)

Using video and biomechanical principles, we'll analyze your shot and identify specific faults so you can (and will) improve your game. Join Performance Chiropractic's Dr. Daniel Shaye to get the competitive edge. Come ready to shoot. Open to youth and adults. Appointment time required. To register, contact Debbie Post at 259-4176 or dpost@james-city.va.us. JCWCC

T	3/13	3:30-4pm	Free	303651-A
T	3/13	4-4:30pm	Free	303651-B
T	6/19	3:30-4pm	Free	306651-A
T	6/19	4-4:30pm	Free	306651-B

Sunset Yoga

(ages 16+) Welcome spring and summer at Jamestown Beach Park with Sunset Yoga! Practice Vinyasa Flow Yoga and Sun Salutations to restore, rejuvenate and relax. Please bring a towel and water bottle. Instructor: Ocelia Templeton. JBP
M 4/16-5/21 7-8pm \$35/\$30 304731-A
M 6/4-7/9 7-8pm \$35/\$30 306731-A
M 7/23-8/27 7:30-8:30pm \$35/\$30 307731-A

Sneakers 101

What you may not know is hurting your feet. Wearing the wrong sneakers? Dr. Ben Howe will perform a foot assessment to determine the proper sneaker for your foot. He'll educate you on your foot pattern and provide sample exercises and or stretches. Bring your sneakers to demonstrate to the physical therapist. Max. 5 participants. JCWCC

T	3/6	12:30pm	Free	303820-A
Th	3/8	5:30pm	Free	303820-B

How to Improve Your Posture & Prevent Pain

Frustrated with neck pain, back pain and headaches? In this class Performance Chiropractic's Dr. Daniel Shaye will discuss what posture patterns cause pain and why. He'll also perform a brief postural analysis on each participant. Max. 10 participants. JCWCC

T	3/20	3-4pm	Free	303661-A
T	8/28	3-4pm	Free	308661-A

Gait Analysis

What could be more basic than walking and running? Performance Chiropractic's Dr. Daniel Shaye will perform gait analysis and digital foot scans. You may learn why your knees, back or hips hurt... you may even catch injuries BEFORE they happen! Appointment time required; to register contact Debbie Post at 259-4176 or dpost@james-city.va.us. JCWCC

T	4/10	3-5:30pm	Free	
T	7/17	3-5:30pm	Free	

Fight Inflammation With Food!

Tired of waking up achy? Suffer from arthritis, fibromyalgia, lupus, or rheumatoid arthritis? Did you know eating the right foods can help decrease ongoing pain and allow your body to fight back? Come learn about drug-free methods for fighting inflammation with Performance Chiropractic's Dr. Daniel Shaye. JCWCC
M 4/23 6:30pm Free 304850-A
M 9/10 6:30pm Free 309850-A

Biking 101

Are you ready to RIDE? Mountain or road bike...your bike needs to be set up for your personal structure. Hear information from Dr. Ben Howe - bike specialist, physical therapist and triathlete -to help rid you of those chronic bike aches. FP
Sat 4/28 11am-noon Free 303810-A

Runner's Clinic

Looking to run an event, push your limits or just finish and have fun? Join Performance Chiropractic's Dr. Daniel Shaye (who has run over 30,000 miles) to learn how to get the most out of your running experience, maximize enjoyment, health and (if interested) time goals. JCWCC

T	5/15	5:30-6:30pm	Free	305270-A
T	9/18	5:30-6:30pm	Free	309270-A

For the Health of It!

JCC Parks and Recreation activities can build self-esteem, reduce stress and improve overall wellness.

Shoulder Pain:
**Conservative (non-operative)
 & Post-surgical Options**

FREE!

Shoulder pain holding you back? Want to play sports, pick up the kids and live pain free, without injections, drugs or surgery? Performance Chiropractic's Dr. Daniel Shaye will explain how to manage and possibly overcome shoulder pain. JCWCC

T 5/21 6:30-7:30pm Free 305671-A

Knee Pain:
**Conservative (non-operative)
 & Post-surgical Options**

FREE!

Is knee pain taking the joy out of your day? Want to play sports, take a stroll or just stand without pain, injections, drugs or surgery? Performance Chiropractic's Dr. Daniel Shaye will explain modern, conservative methods to care for your knees. JCWCC

T 6/11 6:30-7:30pm Free 306241-A

**Fit & Healthy for
 a Lifetime**

FREE!

Your coffee-maker and iPhone came with instructions. Want a peek at your body's "owner's manual," including secrets to longevity and youth? Learn from a doctor (Performance Chiropractic's Dr. Daniel Shaye) who practices what he preaches, so that you can live both long, and well. JCWCC

T 7/31 3-4pm Free 307851-A

Arthritis Demystified:
**An Introduction to Your Aging
 Body (& what to do about it)**

FREE!

Performance Chiropractic's Dr. Daniel Shaye will discuss the mysterious and frightening "arthritis" diagnosis and turn it into something understandable and manageable. Learn how to minimize over-reliance on doctors, drugs and joint replacements and provide ways to decrease pain, improve one's ability to play tennis or golf, take walks and keep up with the kids and grandchildren. JCWCC

T 8/14 3-4pm Free 308661-A

**Fall Prevention Tips for
 You & Your Caregiver**

FREE!

As we age, we become more susceptible to imbalance and risks such as breaking a hip or wrist. Those who are injured from a fall are likely to fall again. Performance Chiropractic's Dr. Daniel Shaye will teach prevention guidelines to reduce your risk of a falling incident and maintain your independence. Please bring your lunch. JCWCC

T 5/8 12:30-1:30pm Free 305690-A

Health and Wellness

For the Health of It

Partnering Together for Community Wellness...



*Sentara Williamsburg Regional Medical Center and JCC Parks and Recreation
 offer these educational and fitness events:*

Williamsburg Walkabout

Do you take 10,000 steps a day? Take this first step towards improved health and fitness by joining the new and improved Williamsburg Walkabout! With over 25 miles of hiking and biking trails and access to the Virginia Capital Trail, your walking possibilities in James City County are endless! Sentara Williamsburg Regional Medical Center will provide screenings to measure your blood pressure and cholesterol, which tend to improve with a regular walking program. For a free pedometer and walking journal, please call 1-800-SENTARA.

Need Help Quitting Tobacco?

Tobacco use, including smokeless tobacco and secondhand smoke, harms nearly every organ of the body, causing many diseases and affecting the general health of smokers. Quitting tobacco use has immediate as well as long-term benefits for you and your loved ones, according to the Centers for Disease Control and Prevention. Call 1-800-SENTARA for a "Get Off Your Butt" tobacco cessation packet and for information about classes. For more information on resources go to www.Sentara.com or call 1-800-QUIT NOW.

**Track Your Health/
 Know Your Numbers**

FREE!

Come in for a free health screening that will include Blood Pressure, Body Mass Index and non-fasting Cholesterol check. Then work towards improving your numbers with your doctor's advice, exercise and better eating. JCWCC

Sat 3/10 9:30am-1pm

Sat 6/2 9:30am-1pm

Sat 9/8 9:30am-1pm

**Diabetes Risk
 Assessment Screening**

FREE!

Are you on the path to diabetes? Drop by to take the Risk Assessment (paper test) and speak with the Sentara nurse. No blood test. This assessment is based on risk factors, controllable and uncontrollable. JCWCC

Sat 5/5 9:30am-12:30pm

Sat 8/4 9:30am-12:30pm

Stroke Awareness

FREE!

A stroke is an emergency and every minute counts! Act F.A.S.T! Learn the risk factors and what to do if you suspect someone is having a stroke! Have your blood pressure checked too! JCWCC

Sat 4/14 9:30am-12:30pm

Sat 7/17 9:30am-12:30pm



Colonial Road Runners

Offering workouts and Grand Prix races, Colonial Road Runners will get you on track to running your best race! Workouts are held at Walsingham Academy. Area races begin in March. Visit the Colonial Road Runner's website at www.colonialroadrunners.org or call Rick Platt at (757) 229-7375 for more information.



Colonial Road Runners participate in a run to benefit the Heritage Humane Society. Photo courtesy Stan Rockwell.

May Is Bike Month!

Visit www.williamsburgbikemonth.org for more information or stop by your local bike shop.

16th Annual Pedal the Parkway

Nine miles of the Colonial Parkway between Williamsburg and Jamestown will be closed to cars between 8am and 1pm. Riders wishing to avoid hills should start at the Jamestown end. A rest stop and free helmets will be available.

Sat 5/5 8am-1pm

Capital to Capital Ride

Starting from Chickahominy Riverfront Park, ride for 100, 50 or 25 miles. There's also a 15-mile family ride. Visit www.virginiacapitaltrail.org for details and registration.

Sat 5/12